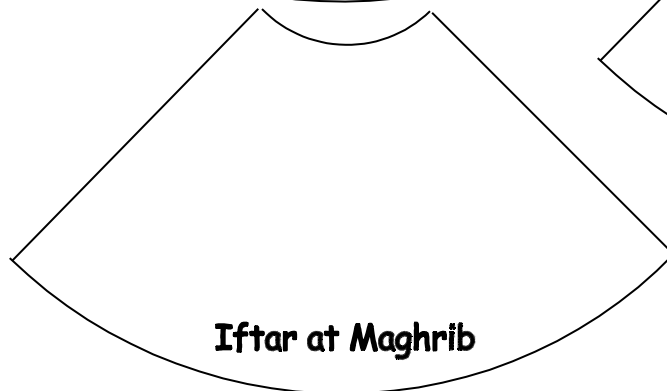
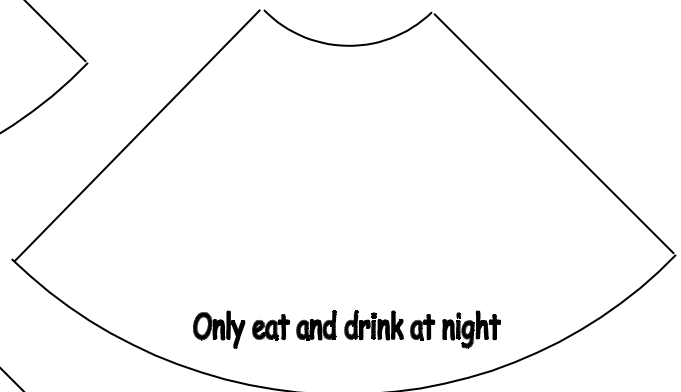
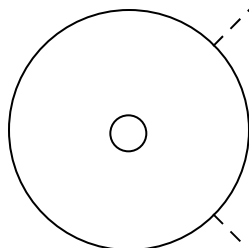


**Fasting Cycle Activity:**

1. Print page 2 and cut out both layers that make up the Fasting Cycle wheel book.
2. Print page 1, cut out the pieces and paste them in order onto the second layer of the wheel book, eg. paste eat suhur on the section labeled 1 and so on.
3. Print page 3 and paste each picture above the appropriate description.
4. Fasten the two layers in the middle with a brad or paper fastener.



# The fasting cycle



Cut out this segment

